

High Protein Breakfast Options

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Keys to a Healthy Breakfast

Protein

- ▶ Aim for at least 14 grams of protein or the equivalent of 2 ounces
 - ▶ 2 eggs
 - ▶ ½ cup cottage/ricotta cheese
 - ▶ 5 oz. Greek yogurt
 - ▶ 2 oz. low fat cheese or deli meat
 - ▶ 1/3 block of tofu
 - ▶ 1/3 cup dry roasted edamame

Fiber

Aim for at least 3 grams of fiber

- ▶ Berries (1/2 cup)
- ▶ Avocado (1/4)
- ▶ Medium pear (1/2)
- ▶ Whole grain rolled oats (1/2 cup)
- ▶ Flaxseeds/Chia seeds (1 tbsp.)
- ▶ Chickpeas (1/4 cup)
- ▶ Pistachios (3-4 tbsp.)
- ▶ Almonds (2 tbsp.)
- ▶ Broccoli (1/2 cup)

On the Go Ideas

- ▶ Overnight oats
 - ▶ Low fat Greek yogurt (1/2 cup) + 1/4 cup whole rolled oats or 1/4 cup of chopped nuts + 2-4 tbsp. berries
- ▶ Protein shake smoothie
 - ▶ Protein powder + Fairlife milk (skim-2%) + 1/3 cup berries blended
 - ▶ Favorite ready to drink protein shake + 1/3 cup berries
- ▶ 1/2 Protein bar + 1/3 cup berries
- ▶ 1/2 cup vanilla Greek yogurt + 1-2 tbsp. pb2 + 1/3 cup raspberries

Breakfast Quiche

Per 1/6 of quiche

Nutrition Info

Calories	154.6
Fat	6.8 grams
Saturated Fat	2.2 grams
Cholesterol	251 mg
Sodium	303 mg
Carbohydrate	7.2 grams
Fiber	1 gram
Sugar	2 grams
Protein	16 grams

1 cup chopped bell peppers

8 eggs

½ cup non fat plain Greek yogurt

¼ cup whole wheat flour

1 tsp herbs

4 oz. fat free feta crumbles

Dash of salt and pepper

Preheat oven to 325. chopped peppers, combine with eggs and whisk. Add yogurt, flour, herbs, salt, pepper and whisk. Spray pan with non stick cooking spray and pour in mixture. Bake for 20-30 minutes or until eggs are solid in center.

Cottage Cheese Bowl (Sweet)

Per ½ cup of cottage cheese + 1/6 of toppings

Calories	142
Fat	2.4 grams
Saturated fat	1 gram
Cholesterol	10 mg
Sodium	393 mg
Carbohydrate	17 grams
Fiber	3 grams
Sugar	9 grams
Protein	16 grams

3 cups non fat cottage cheese

2-6 packets of no calorie sweetener

3-6 drops of extract (coconut)

Dash of cinnamon

3 kiwi, peeled and sliced

2 cups sliced strawberries

2 ½ tbsp. shredded coconut, unsweetened

1 ½ tbsp. chopped walnuts

Combine cottage cheese, extract, cinnamon and blend together.

Separate into six containers, top with fruit, shredded coconut and walnuts.

Cottage Cheese Bowl (Savory)

Per ½ cup cottage cheese + 1/6 toppings

Calories	152
Fat	4.8 grams
Saturated Fat	0.5 grams
Cholesterol	10 mg
Sodium	446 mg
Carbohydrates	10.6 grams
Fiber	2 grams
Sugar	5.7 grams
Protein	20 grams

3 cups non fat cottage cheese

½ cup chopped pistachios

4 tbsp. minced chives

Pepper to taste

1 cup sliced cucumbers

1 cup bell peppers, seeded and chopped

20 halved grape tomatoes

Combine cottage cheese, 2 tbsp. chives, pepper. Divide into six bowls. Top with cucumbers, bell pepper, tomatoes and garnish with pistachios.